Abstract

Disclosed are acid- and bile salt-resistant *Lactobacillus* isolates having the ability to lower cholesterol. The present *Lactobacillus* isolates or their sub-cultured offspring or mutants derived therefrom can be used in the preparation of various food products, and in the manufacture of medicaments for use in the treatment or prevention of gastrointestinal diseases and for use in lowering serum cholesterol.